

Your Guide to the Week Ahead at St Genevieves

	Monday	Tuesday B Healthy Day	Wednesday	Thursday B Healthy Day	Friday Red Meat Free Day
Soup Options	Vegetable Soup Lentil & Tomato	Vegetable Soup Leek & Potato	Vegetable Soup Spicy Bean	Vegetable Soup Chicken Noodle	Vegetable Soup Tomato
Main Course	Homemade Cottage Pie Tender lean minced beef, slow cooked with fresh vegetables and topped with mash	Roast Loin Pork Served with baby boiled potatoes and vegetables	Chicken Steakado Breast of chicken marinated and baked in the oven	Roast Gammon Oven baked roast gammon accompanied with vegetables and potatoes	Chicken Curry & Rice Breast of chicken served in our own special curry sauce
Vegetarian	Spicy Vegetable Noodles Oven roasted vegetables and noodles in an arrabiata sauce	Traditional Macaroni Cheese Served in a creamy sauce topped with cheese and herbs	Vegetarian Pizza Pizza slice with cheese and red onion	Vegetable Pasta Bake Roasted root vegetables and pasta in a tomato and herb sauce	Traditional Fish Breaded and oven baked cod
Healthy Choices	Omelette Filled with shredded ham and cheese	Pasta Pot Roasted cherry tomatoes and vinaigrette dressing	Chicken Caesar Salad Sliced chicken breast on a bed of lettuce and low calorie dressing	Potato, Ham & Spring Onion Frittata Baked egg, spring onions & shredded ham	Ham & Vegetable Couscous Diced pieces of ham and couscous with a low calorie dressing
Snack	Chicken Wrap Oven baked chicken strips served with lettuce & tomato in a tortilla wrap	Chicken & Pepper Pitta Pocket Served in a wholemeal pitta pocket	Potato Boats Twice baked potato loaded with cheese and spring onion	Chicken Burger Oven baked and served in a bun	Panini Cheese, red onion and sundried tomato
Sides	Fresh Carrots, Baked Beans, Champ, Pasta	Cauliflower, Broccoli, Baked Beans, Baby Boiled Potato, Boiled Rice	Sweetcorn, Baked Beans, Chips, Boiled Rice	Cabbage, Carrots, Baked Beans, Boiled Rice, Potatoes	Garden Peas, Baked Beans, Boiled Rice, Chips
Dessert	Apple Sponge & Custard	Fruit Crumble with Custard	Fresh Fruit Salad	Coconut & Jam Cake	Fruit Salad/Jelly

A full range of filled wraps, sandwiches, sub rolls, boxed salads, baked potatoes, grated cheese, mixed salad, fruit, fresh fruit salad, grape pots, low fat yoghurts, biscuits and fresh drinking water and semi skimmed milk all available daily